



## Connections Activity



<b>Title/Skill:</b>	Cultivating Curiosity and Grit
<b>Connection Goal:</b>	Academic
<b>Grade Level:</b>	10
<b>Month:</b>	December 14 <sup>th</sup>
<b>Time Needed:</b>	25 minutes

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**Handouts/Materials Provided:**

Video clip  
Smartboard

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**Summary of Activity for the Advisor:**

Students will discuss overcoming obstacles and developing grit

1. Play motivational clip on Famous Failures  
<https://www.youtube.com/watch?v=zLYECIjmnQs>
2. Discuss what would happen if these people did not overcome adversity and moved on? What qualities might they share? What lessons did they learn?
3. List of motivational quotes (on next page) – choose a quote that you identify with the most. Why did you choose that quote? What does it mean to you? How will you use that quote to motivate you moving forward?
4. Have students that are comfortable share out their thoughts.

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**Read/Review/Discuss/Do with students:**

Bonus: The teacher chooses one and shares a personal story of overcoming adversity and persevering.

## Quotes:

You can either live your dreams, or live your fears.

When you face your fears, it's not as bad as you think it is.

Courage is going from failure to failure without losing enthusiasm.

If there is something that you want and you're hungry for it, you've got to do what's necessary.

When you give the best you can and that's not enough, you must do what is required.

Don't give up on yourself. Don't throw the towel in so quickly. Many people give up on the 1 yard line.

The rough times are going to come but they have not come to stay. They have come to pass.

It takes courage to act. Part of it is being humble when you've been defeated.. it takes courage to start over again.

You can only take 1 step at a time. You takes steps in this direction and that direction. You may even get lost along the way and sometimes you fall down.

There are some thing in life that are out of your control...that you can't change and you gotta live with. The choice that we have though is to give up or to keep on going.

What are you going to believe? Are you going to believe in yourself, or are you going to believe everyone else's judgment on you?

When you step into your fears, and continue to push yourself to go on, something happens for you.

It's funny how the friends around you determine who you are. You change yourself.

The power to hold on in spite of everything.. the power to endure. This is the winner's policy.

Live your life with passion and pride.